



# community TIMES

The Highlands Residential Services Newsletter

**HIGHLANDSRS.COM**

**JUNE/2015**



## INSIDE THIS ISSUE



**COMMUNITY GARDEN** Work in the garden and reap the harvest!  
**MAKE A DIFFERENCE DAY** Quawana's Coats gains national recognition.  
**COOKING MATTERS** Save on food, try new recipes and make healthier meals.

## SUN, SEED & SOIL

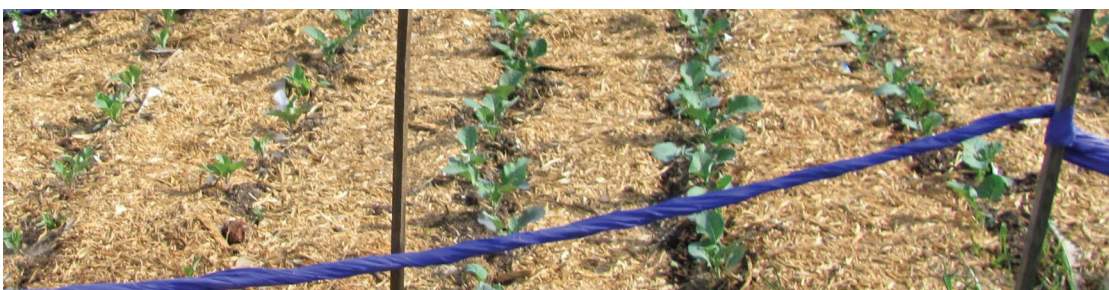
Summer is a great time to enjoy the delicious flavors of local grown food.

As part of her **Make a Difference Day** project this year, our AmeriCorps Adult Programs coordinator, Sammie Ferrell, is working with Ellen Wolfe and Sherrye Winnett of Sun, Seed & Soil Horticultural Therapy. They have started a community garden and planted tomatoes, squash, cucumbers, beans, pumpkins and melons, all organic, with more food items planned. The garden is conveniently located

near Cookeville on County Farm Road. All residents are welcome to participate, which is simple – you work in the garden and reap the harvest! There is no cost to you, and the tools and supplies are furnished. For more information about days and times to work in the garden, please call Sammie at (931) 526-9793, ext. 224. Transportation is available at certain times. Community service hours will be given.

### **CALLING ALL COMMUNITY PARTNERS:**

To make our community garden a success, we need your help! Donations needed include garden tools of all kinds, clean buckets, rain barrels, soaker hoses, tomato cages, bean poles or monetary contributions to purchase these items. We also need volunteers to help work the garden.





**JUNE 2015**

## Melinda's MEMOS



**If you live on West 6th, 7th, 8th, Cypress or Pine streets**

and missed your recertification appointment, please call Melinda at (931) 526-9793, ext. 220, as soon as possible to reschedule.

Reminder: No swimming pools of any size are allowed on HRS property.

It's lawn mowing season. Please keep your children, pets and possessions out of the path of mowers.

## Kathy's CORNER



**Don't Quit, Just Come!** Tobacco Cessation classes are

free and open to anyone. A new class starts at each meeting. This month classes will be held on Tuesdays, June 9 and 23, from 4-5 p.m. at the Baxter Community Room. Each class counts as two hours of community service.

## Sammie's SECTION



**Bountiful Bread distribution** will be Tuesday, June 9,

from 10 a.m.-noon at the HRS main office community room.

Transportation: If you need transportation to any HRS adult programs, please call Sammie at (931) 526-9793, ext. 224.



## ANNOUNCEMENTS

**Dream Sweep yard sale fundraiser** was a huge success! Funds raised by the council are used to support projects and events. A big thank you goes out to numerous persons who donated items or contributed their time!

**T.E.A.M. Resident Council:** All residents are welcome to join us on Tuesday, June 9, from 10 a.m.-noon at the HRS main office, 235 West Jackson Street, for the annual Resident Advisory Board meeting. Lunch is provided.

**Resident Council Business Meeting** will be Tuesday, June 16, from 10 a.m.-noon at the main office. Agenda: Event planning. All residents are invited.

**R.E.A.C.T.E.A.M. -** Resident Education & Council Together Everyone Accomplishes More on Tuesday, June 23, from 10 a.m.-noon, the council will meet with residents at the Baxter Community Room, and on Tuesday, June 30, from 10 a.m.-noon, they will meet with residents at the Monterey Community Room. Everyone is welcome to join in for this exciting new event hosted by the Resident Council. This will be an opportunity to learn more about your council members, what they do, and also to let them know your needs. Participation in any of these council meetings counts as four hours of community service.

## IN THE COMMUNITY



**ALL STAR MAKE A DIFFERENCE DAY AWARD WINNER** Congratulations to our very own youth programs coordinator, Shaquawana Wester, for her continued volunteer work with her project Quawana's Coats as part of National Make a Difference Day, which is sponsored by the Gannett Co, USA Today, Newman's Own and Points of Light.

Three years ago, what started as a small community coat drive to help anyone in need turned into a huge success. Shaquawana submitted her project to the Make a Difference Day contest and was one of 10 national winners. With support of the community and volunteers, Shaquawana has continued to grow Quawana's Coats each year. This year, Shaquawana was selected as the only nationwide All Star Make a Difference Day Award winner from

hundreds of submissions. Shaquawana recently traveled to Washington, D.C., to be recognized and to accept the \$10,000 award on behalf of our 501(c)3 non-profit, Cookeville Housing Services Corporation. She plans to use the award to establish Quawana's Closet for Teens Need Training and for this year's Quawana's Coats, which will be held on Saturday, Oct. 24.

**THE FREE SUMMER LUNCH PROGRAM IS BACK FOR ITS THIRD YEAR!** Healthy lunches are available for any Highlands Residential child through age 18 (in order to receive free summer lunch, you must be able to eat a school lunch meal) on Mondays, Wednesdays and Fridays beginning June 1 through July 17 (closed Friday, July 3) from 11 a.m.-1 p.m. in the TNT Center at the Police Substation, located at 706 Pine Avenue. In addition to lunch, there will be fun and games provided by local area churches. This program is facilitated by University Heights Baptist Church, the Cookeville Police Department, Highlands Residential Services, the Putnam County School system and several area church volunteers. Please support the hard work of these groups and bring your child every day!



## YOUTH NEWS WITH SHAQUAWANA

## TNT News

Our **TNT summer day camp** will be held June 8-July 8 on Mondays, Tuesdays, Wednesdays and Thursdays. Yes, we've added a fourth day this year! We are planning loads of awesome activities, such as swimming, cooking, day trips and more! The TNT summer day camp is free for youth up to 12 years of age who have successfully completed the TNT after-school program.

We want to thank **Ellen and Sherrye with "Sun, Seed & Soil,"** who have been teaching our TNT kids how to grow a salsa garden and melons in the landscaping beds at the Police Substation. Each TNT child has taken home a tomato plant in a bucket

to grow their own. We are very proud of these TNT youth who have worked so hard tending their garden and who even came by on their own time to cover the plants when a spring freeze came.



We welcome **TTU student Bennett Henderson** as our new part-time summer AmeriCorps volunteer. Bennett will begin on June 1 and work through August 7. He will primarily work with our TNT youth and the Free Summer Lunch Program and other resident programs as time permits.



TEENS NEED TRAINING

## WISH LIST

- **Clean plastic shopping bags**
- **Packaged snack items**
- **Sunscreen**
- **Hand sanitizer**
- **Hygiene items**
- **Beach towels**
- **Books for kids of all ages**
- **Cleaning supplies of all kinds**

TNT operates under Highlands Residential Resources, which is a 501(c)(3) nonprofit.

## RESOURCE CENTER:

**COOKING MATTERS:** Parents, would you like to save money on food, try new recipes and make healthier meals? Would you like to get free groceries? If you answered yes, then the UT Extension office's Cooking Matters class is for you! Classes are free to adults age 18 and up and will be held at the Cookeville Extension office near the fairgrounds. Dates are June 10, 17 and 24 and July 8 and 22, and times are 9 a.m. to noon or 1-4 p.m. For more information or to sign up, call Drucilla at (931) 526-4561 or (931) 510-1349. Community service hours are available for attendance.

**COMPUTER CENTER:** Is not having internet access or needing to learn or improve your computer skills holding you back? The computer center, located in the Police Substation/TNT Center at 706 Pine Avenue, is open every Thursday from 9 a.m.-2 p.m. for residents to look for jobs, create resumés, read emails, learn computer skills, etc. To use the center, your name must be on the lease. No food or drinks allowed around the computers. The center is open on a first-come, first-served basis. If you have questions or

need transportation, call Sammie at (931) 526-9793, ext. 224.

**ANGEL'S ATTIC** summer distribution is Saturday, June 20, from 10 a.m.-2 p.m. at the First United Methodist Church parking garage, located at 165 East Broad Street in Cookeville. Free clothing, shoes of all sizes, baby items, accessories, home goods and toys! Also, refreshments will be provided. Everyone is welcome!

**TAKIN' IT TO THE STREETS:** Sponsored by Trinity Assembly Church, Takin' It to the Streets will be on Sundays, June 7 and 14, from 3-4:30 p.m., at our Algood development near the Sheriff's Substation on Warren Street. All residents are welcome to attend this family-friendly event for food, fun, games and fellowship.

**VACATION BIBLE SCHOOLS:** Vacation Bible School will be held on the following dates:

- June 15-19 from 8:30 a.m.-noon at First Baptist Church, 18 South Walnut Avenue, Cookeville, for kids in K-6th grades. For transportation, call Colleen Cox at (931) 526-7108.
- June 14-19 from 6-8:30 p.m. at University Heights Baptist, 1555 Gainesboro Grade, Cookeville.



## TIMELY TIDBITS

**FATHER'S DAY** is Sunday, June 21.

**THE OFFICE WILL BE CLOSED** July 3 for Independence Day.

**REMINDER: NO FIREWORKS OF ANY KIND AT ANY TIME ON ANY HRS PROPERTY BY ANYONE.**

It is the policy of HRS to ensure that no citizen shall, on the grounds of race, color or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.



**JUNE 2015**

**S M T W T F S**

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|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------|----------------------------|
|                                                 | <b>1</b><br><b>RENT DUE!</b><br>Summer Lunch Program                                                                        | <b>2</b><br>Summer Lunch Program                                                                                                                   | <b>3</b><br>Summer Lunch Program                                                                                                                                                                                                              | <b>4</b><br>Computer Center<br>9 a.m.-2 p.m.<br><b>WALNUT VILLAGE:</b><br>Rent Collection<br>10 a.m.-12 p.m. | <b>5</b><br>Summer Lunch Program  | <b>6</b>                   |
| <b>7</b><br>Takin' It to the Streets<br>Algood  | <b>8</b><br>TNT:<br>Summer Day Camp<br>Summer Lunch Program<br><b>WILLOW HEIGHTS:</b><br>Rent Collection<br>10 a.m.-11 a.m. | <b>9</b><br>TNT:<br>Summer Day Camp<br>"Bountiful Bread" and<br>TEAM Resident Council<br>10 a.m.-12 p.m.<br>Tobacco Cessation<br>4-5 p.m. - Baxter | <b>10</b><br>TNT:<br>Summer Day Camp<br>Summer Lunch Program<br><b>COMMUNITY SERVICE DUE</b>                                                                                                                                                  | <b>11</b><br>TNT:<br>Summer Day Camp<br>Computer Center<br>9 a.m.-2 p.m.<br><b>LATE FEES ADDED</b>           | <b>12</b><br>Summer Lunch Program | <b>13</b>                  |
| <b>14</b><br>Takin' It to the Streets<br>Algood | <b>15</b><br>TNT:<br>Summer Day Camp<br>Summer Lunch Program<br><b>EVICTON NOTICES FOR NON-PAY/COMMUNITY SERVICE</b>        | <b>16</b><br><br>TNT:<br>Summer Day Camp<br>TEAM Resident Council<br>Business Meeting<br>10 a.m.-12 p.m.                                           | <b>17</b><br><br>TNT:<br>Summer Day Camp<br>Summer Lunch Program                                                                                                                                                                              | <b>18</b><br>TNT:<br>Summer Day Camp<br>Computer Center<br>9 a.m.-2 p.m.<br><b>BOARD MEETING</b>             | <b>19</b><br>Summer Lunch Program | <b>20</b><br>Angel's Attic |
| <b>21</b><br><br><b>FATHER'S DAY</b>            | <b>22</b><br><br>TNT:<br>Summer Day Camp<br>Summer Lunch Program                                                            | <b>23</b><br>TNT:<br>Summer Day Camp<br>REACTEAM meeting<br>10 a.m.-12 p.m. - Baxter<br>Tobacco Cessation<br>4-5 p.m. - Baxter                     | <b>24</b><br><br>TNT:<br>Summer Day Camp<br>Summer Lunch Program                                                                                                                                                                              | <b>25</b><br><br>TNT:<br>Summer Day Camp<br>Computer Center<br>9 a.m.-2 p.m.                                 | <b>26</b><br>Summer Lunch Program | <b>27</b>                  |
| <b>28</b>                                       | <b>28</b><br><br>TNT:<br>Summer Day Camp<br>Summer Lunch Program                                                            | <b>30</b><br>TNT:<br>Summer Day Camp<br>REACTEAM meeting<br>10 a.m.-12 p.m. - Monterey<br><b>LAST DAY CALL IN FOR PEST CONTROL</b>                 | <div> <b>MARK IT: 7/3</b><br/>                     Office closed July 3rd<br/>                     for Independence Day                 </div> <div> <b>• NO FIREWORKS ALLOWED</b><br/> <b>• NO SWIMMING POOLS OF ANY SIZE ALLOWED</b> </div> |                                                                                                              |                                   |                            |



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**EMERGENCY**

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»» The office is closed for lunch from 12-1 p.m.



**DOWNLOAD IT**

To download a digital version of our calendar, please visit [HighlandsRS.com](http://HighlandsRS.com).



iCal



Google

Please remember the HRS fireworks policy: "Not to use fireworks in any manner on HRS property and/or premises." This is any type of fireworks and includes bottle rockets, firecrackers, sparklers, poppers, etc.

**NO FIREWORKS AT ANY TIME ON ANY HRS PROPERTY BY ANYONE.**

